Hillcroft Academy

KINGSTON, ONT.

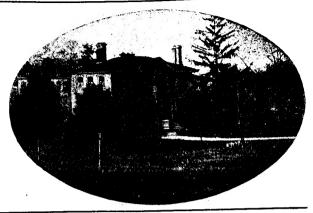
Residential and Day School for Boys.

Junior and Senior Department.

Boys prepared for the Universities, R. M. C. and Business. Number of boys limited. Individual attention. Ideal grounds of twelve acres—the most beautifuily situated and finest school grounds in Canada.

Send for Prospectus to

REV. T. J. GLOVER, B.A., Principal.





ST. MARGARET'S COLLEGE

A Residential and Day School for Girls.

- A Full Academic Course.
- A Full Musical Course.
- A Full Art Course.
- A Full Elocution Course.
- A Full Domestic Science Course.
- A Full Course in Physical Culture.

Special Facilities for the Study of Music.

Students prepared for University Examinations in Music.

MRS. GEORGE DICKSON, GEORGE DICKSON, M.A., Lady Principal. Director

FULL VALUE

No matter how small in price any article sold by us may be, our personal guarantee as to quality goes with it.

We exclude from our stock any article that falls short of the highest standard.

Our Waterman Pen at \$2.50 is fully guaranteed, in case it does not give satisfaction a new one will be given to replace it.

COLLEGE PINS, MEDALS, PRIZE CUPS AND TROPHYS, ETC., MADE TO ORDER. Your money back if you are not satisfied.

P. W. CREWS,
JEWELER, Cor. Princess & Weilington Sts.

DR. S. H. SIMPSON,

DENTIST.

258 PRINCESS ST., KINGSTON. 'PHONE 626.

Dr. O. Wilmot Daly

Dental Surgeon.

129 PRINCESS ST., KINGSTON.

A. W. WINNETT, L.D.S., DD.S.

DENTIST.

Post Graduate in Crown and Bridgework,

PRINCESS AND WELLINGTON STS.

Over Johnston's Jewelry Store



TORONTO CONSERVTAORY OF MUSIC DR. EDWARD FISHER, Musical Director.

Affiliated with the University of Toronto and Trinity University
The best equipment and Facilities and strongest
Faculty in Canada.

Scholarships, Diplomas, Certificates.

School of Literature and Expression. Oratory, Pedagogy, Physical Culture, etc.

MRS. INEZ NICHOLSON CUTTER, Principal.

CALENDARS AND SYLLABUS FREE.

Established 1844.

Telephone 347

Spangenburg,

347 KING STREET.

JEWELER AND SILVERSMITH

Medals, Class Pins, Etc. made to order. College Crest Pins, College Crest Cuff Links. Waterman's Ideal Fountain Pins.

Watches repaired and adjusted by skilled workman.

Diamond Setting & fine Engraving

An Insurance Policy that cannot be Beaten.

The Manufacturers' Lile Insurance Company are issuing a policy called the Guaranteed Investment Plan, which, if advantages for the policyholder count for anything, cannot be excelled by any other plan now in the market. It is remarkable for its guaranteed privileges, its excepional loan advantages, and its excellent investment features. Full information regarding it will be furnished you if you will drop a card to

H. J. FOIK, District Manager, Kingston, Ont., or JOS. A. McKAY, Special Agent, Queen's University

MEN OR WOMEN, UNIVERSITY STUDENTS

Who desire the regulation gown, will find the Korect article at No. 132-134 Princess St., for many years we have supplied the majority of Students with Gowns and Graduating Hoods, and to-day are better prepared to cater to their wants than ever.

Gowns in stock, prices from \$2.50, \$3.00, \$3.50

Ladles' Gowns and better grades for Men, made-to-order on short notice.

CRUMLEY BROS.

Breck & Halliday

..Electrical Contractors..

Dealer in Electric and Gas Lighting Supplies of Every Description.

Estimates Furnished.

79 Princess St.

SMOKE

Paul's Special Mixture

10c. PER PACKAGE.

CHOICE LINE OF B.B.B. PIPES ALL STYLES AND SHAPES.

Smoke "STUDENT" Cigar.

For Sale only at

W. J. PAUL, 70 Princsss Street.

CHINESE LAUNDRY

You leave addressee. Me gettee washee. Do up nicee, goodee, stylee.

ME SING DOO, 246 Barrie Street

R. E. SPARKS, D.D.S., L.D.S., M.D.

DENTIST

Special attention paid to Oral Deformities

Telephone 453

23016 Princess Street, Kingston, Ont.

Francis H. Crysler, K.C., C. J. Bethune, Frank B. Proctor CHRYSLER & BETHUNE,

BARRISTERS & SOLICITORS,

Parlimentary, Supreme Court and Departmetal Agents. Address, "CHRYSLER"

119, 120 CENTRAL CHAMBERS, OTTAWA, ONT.

JOHN MUDIE, B.A.,

BARRISTER, SOLICITOR, ETC.
453 Office: 89 Clarence St., Kingston, Ont.

CONSTIPATION

Six hundred million anti-constipation pills are sold yearly in America, though every intelligent physician knows that no drug ever heard of can do anything for the trouble except make it worse.



Students and those of sedentary habits are peculiarly susceptible to this disorder. It can be cured only by strengthening the abdominal muscular system sufficiently to enable the bowels to perform their functions properly.

The KENNEDY SYSTEM of body culture, requiring only a few minutes daily, will for ever free you from this distressing and healthdestroying complaint.

Send for handsome booklets, containing testimonials of your friends, on this scientific method of health preservation.

The Kennedy System Yonge and Gerrard Sts. Toronto, Ont.

WE'VE BEEN SELLING

Good Shoes to Queen's Students

J. H. SUTHERLAND & BRO. KINGSTON'S LEADING SHOE STORE.

GANONG'S CANADIAN CHOCOLATES

The finest in the land. Nothing better.

AT A. J. REES, PRINCESS ST.

N.B.-Fireworks of all kinds always on hand.

220 PRINCESS STREET,

TOBACCONISTS

CARRY A FULL LINE OF Imported and Domestic Cigars, Tobaccos, Pipes, Cigarettes, &c. OPPOSITE WINDSOR HOTEL.

O. G. JOHNSTON. FLORIST,

KINGSTON, ONT.

Grower and Exporter of New and Rare Plants.

SPECIALTIES: Choice Roses, Carnations and Chrysanthemums, Wedding Bouquets, Floral Designs and Floral Baskets, in Up-to-Date Style.

Conservatory, Head of Johnston St. 'Phone 235.

City Branch, 336 King St. East. 'Phone 239.

A. McILOUHAM'S

Livery and Sale Stable.

Best drivers in the city. First-class turnouts for Weddings and Funerals. Special attention given to Pic-nic and Pleasure Parties.

Office-290 Princess St., Kingston. Phone 316.

GEORGE ZIEGLER

DISTRICT MANAGER

Northern Life Assurance Company of Canada

Office: -346 King Street, Kingston. Policies issued on all plans. Student Canvassers Wanted.

RESTAURANT

354 KING ST., KINGSTON, ONT.

OPEN FROM 7 A.M. TILL 2 A.M.

7 Meals, \$1.00. 21 Meals \$3.00.

FRED WILLIAMS, PROP.



c. Livingston & Bro.

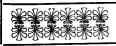
FOR FINE CUSTOM CLOTHING

Importers of High Class Woollens and complete line of Men's Furnishings. The clothing manufactured by us is artistic elegance, the result of matured experience.

OUR MOTTO—Not how cheap but how good. You must see our goods to appreciate them. Kindly call, it will be a pleasure to show you through our stock many lines of which are exclusive. Satisfaction guaranteed.

C. LIVINGSTON & BRO., Tailors, 75,77 and 79 Brock Street.

THE UNIVERSITY BOOK STORE



R.UGLOW&CO.

BOOKSELLERS

MPORTERS and Publishers of Text Books used in Queen's University Extra Mural Students can rely on having their orders carefully and promptl mailed Correspondence solicited in all matters relating to University Text Books.

R. UGLOW & CO., 141 Princess St., Kingston, Ont.

HENDERSON

Invites every Queen's Student to call and inspect his work.

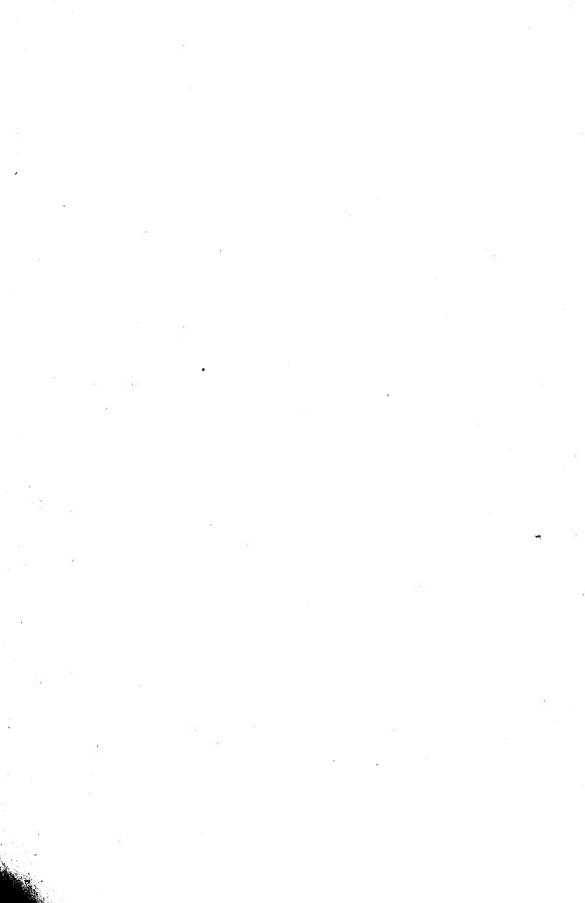
PHOTOGRAPHIC STUDIO

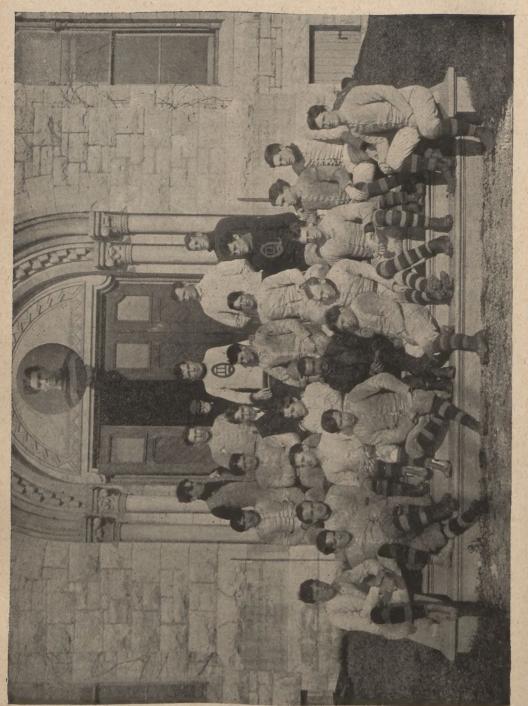
No. 90 PRINCESS ST.

KINGSTON'S FAMOUS FUR STORE.
BIGGEST, BEST, BRIGHTEST.

GEO. MILLS & CO., HAT SPECIALISTS and MANU-

24 years on Wellington St., now at 116-110 Princess St.





QUEEN'S II .- Intermediate Intercollegiate Rugby Football Champions for 1903.



QUEEN'S UNIVERSITY JOURNAL



Vol. XXXI.

JANUARY 18, 1904.

No. 5.

HEALTH THROUGH PROPER CARE OF THE BODY

T is somewhat surprising that in our elaborate scheme of education, in which almost every subject in the realm of human knowledge is included, no provision is made for instruction and training in the most important of all subjects, the proper care of the body, to secure and maintain perfect health. We present to young pupils a smattering of hygiene; we give them information about the lungs and how they are affected by disease; we teach them concerning the knowledge as to how to take care of these organs and keep them free from disease; we teach them covering the digestive and assimilative organs, without instructing them in regard to what to eat, when to eat or how to eat. We explain the circulatory system and the importance of pure blood without putting them in possession of means to create pure blood. Proceeding in our educational plan we find that instruction regarding the body becomes restricted to those pursuing their studies along medical lines, and even here, throughout the entire course, the methods possess a lack of rationality truly amazing. In the first place it should be understood that all disease is abnormal, foreign to our nature. There is no necessity for being sick. Disease is the result of misuse of the body and failure to live in accordance with natural laws. When disorders do arise through the violation of correct methods of living, the only cure is right living and proper care of the body. Under existing circumstances, however, in the majority of cases an abnormal state of the body is combated with drugs, poisonous substances which set up irritation and add to the trouble.

Suppose a man finds himself suffering from digestive troubles, obstipation, biliousness, kidney, or heart disease. He consults a medical man. Does the doctor say, "Look here, my man, why don't you treat your body with a little horse-sense? Let me tell you a few plain facts. You have been gorging yourself three or four times a day and stuffing your stomach with an amount of different kinds of food quite beyond its capacity to dispose of. The food could not be digested and besides there was far more than the body required. digestive, assimilative and excretory organs simply could not get rid of it as fast as you put it in. This surplus food accumulated in the intestinal canal, decomposed, formed gases which distended the stomach and caused you pain. Much of this foul, impure matter was absorbed by the bloodmaking glands into the circulatory system and carried all through your body, and this impure blood is a cause, the effect of which may be almost any disease. Constipation became chronic. Doubtless you did not drink enough water to flush out the sewers of your system. When you did drink it was at the wrong time, with your food. You diluted the digestive fluids excessively and diminished their power. And do you take proper exercise? No: the muscles of your abdomen are soft and flabby; no doubt they are scarcely noticeable." Did the Doctor do this and then give him some advice as to how to put his body in a healthy normal condition? No. he said nothing about the cause of all the trouble. He lets it remain, and gives the patient a prescription for some injurious preparation which will probably palliate the trouble for a time and cause it to come back in more acute form.

Perfect health, perfect physical condition is something which all desire, but few possess. It is generally conceded that perfect health is the greatest blessing a man can enjoy, as without it he must fall short of his possible attainments in the way of success and happiness. This being the case it is surprising that more attention is not paid, in these days of supposed enlightenment, to the proper care of the body.

It is no exaggeration to state that not one person in a thousand to-day is in the possession of perfect health. Half the human race is sick; few people know what perfect health means; few recognize that it is quite possible to possess a body in such a state of

perfect health that it is practically impregnable to disease. In this article I will point out the causes of such general ill health, so that they can be avoided, and the means of acquiring and maintaining perfect health, so that they can be adopted.

Disease is an unnatural condition, induced principally by unnatural methods of living and misuse of the body. By disease I mean any abnormal or unhealthy state of the body. One factor that has to do with the prevalent lack of good health is the medicine habit. Medicine cannot cure disease. All drugs are poisons, foreign substances, and hurtful to the Of course this may seem rank heresy to many, but it is a fact which cannot be disproved. Nature effects the cure, and while in some cases she may be assisted by simple remedies, the great bulk of medicinal preparations consumed by the people are worse than useless. People get well in spite of medicine, not because of it. The only cure is right living. The taking of drugs may well be termed a habit, since there are required in America three hundred thousand doctors to prescribe, and three hundred and fifty million dollars of invested capital to supply the medicine which people swallow, or rub on.

Nearly all other causes of poor health may be summed up under one heading,—Lack of Cleanliness. Cleanliness of the body means a great deal more than mere external cleanliness, though I fear that even this form is frequently a matter of neglect. The body must be cleaned and kept clean inside as well as out, and the materials which sustain life must be supplied clean and pure.

First under this heading is the use

of unclean air and want of sunlight. Air is the most necessary requirement of animal life, as without it, death would ensue in a few minutes. Little care is taken, however, to see that the air we supply to our lungs is pure and clean. A person, under normal conditions, requires three thousand cubic feet of air an hour, in order to insure a reasonably pure supply, but few get it, except in the open air. Not only in the crowded warehouses, and stores, but in the homes, there is practically no provision for ventilation, except by windows and doors, and there are thousands who, during the winter, shut the windows tight, and close every crevice in their sleeping apartments, and slowly poison themselves by breathing the same air over and over again. Is this not a lack of cleanliness? It is filthiness. would not care to eat food that had been already used; do not, then, use air whch has been inhaled and deprived of its life sustaining qualities.

The second essential in the maintenance of animal life is water, which forms over sixty percent. of the human body. An important point under the heading of cleanliness, and a very fruitful source of disease, is the failure to keep clean the internal surface, the stomach, intestines, etc. When a person regularly eats far more than he needs, (a very common practice) the digestive organs become weakened, and unable to dispose of the surplus food rapidly enough. This matter remains in the intestinal canal, becomes decomposed, and its poisons are rapidly absorbed by the blood and carried through the system. Is not this a lack of cleanliness?

Then there is a lack of cleanliness with respect to the nasal passages. It

is difficult in this country to find any one who is entirely free from catarrhal trouble of some kind, which is generally attributed to the climate, but the climate has little to do with it. The nasal cavities should be kept clean, by washing or bathing every day, otherwise mucus and other excrementitious matter, with dirt particles inhaled, form into solid lumps of matter. This is a common cause of foul breath.

The teeth are also frequently subject to neglect. Decay is induced by improper food, and lack of attention. The teeth are for chewing and grinding, and to keep them strong and sound they must be used on something offering more resistance than soft, cooked food. Decayed teeth, or teeth with cavities, retain decomposing matter, which assists in the further destruction of the teeth, contaminates the breath and impairs the digestion.

The body is constantly undergoing a process of tearing down and building up. The old tissues are being constantly replaced by new ones. These dead tissues must be quickly thrown off, or the system becomes clogged with this effete matter, and disease is sure to follow. The only preventive of this state of affairs is exercise.

There is one other form of uncleanliness,—of the mind. To have a healthy body it is necessary to have a clean, healthy mind. The physical body is greatly dependent upon the moral and mental faculties as to health. A strong, clean body is the basis of all success. A strong, clean mind is the next. A strong, clear morality follows as a matter of course. Summarizing, we have the following respects in which there is frequently evidenced a lack of cleanliness: Air, external bathing, internal bathing, food, the nasal passages, removal of dead tissues, the mind.

Air is the most necessary requirement of animal life. The relative importance of the conditions that maintain life are as follows: 1, Air; 2, Water; 3, Rest and Relaxation; 4, Food; 5, Exercise. The most important knowledge pertaining to the acquirement and preservation of health relates to the supplying of oxygen to the body. At all times endeavour to secure a supply of pure, fresh, outside air.

In breathing, the air should be brought first to the lowest part of the lungs by expansion in the abdominal region, at and slightly above the waist line. When the lower lungs are filled and expanded to the utmost capacity, continue the inhalation until the upper section is filled, and the chest expand-Correct, deep breathing necessitates energetic breathing. In order to energize and strengthen the muscles used in inhaling, press the lips firmly together, leaving a small opening as in whistling, and through this opening draw the breath slowly and forcibly. When the inhalation is complete make two or three attempts to inhale a little more, and then, while holding the breath, force the shoulders forward as far as possible, several times, causing the air to fill all the interstices of the lungs.

Correct exhalation commences at the lowest part of the lungs, continuing upward until the lungs are quite deflated, when several attempts should be made to still further expel the air from them. To strengthen the muscles used in exhaling, press the lips together, leaving a small opening as before explained, and expel the breath slowly but with great force, at the

same time making rigid the latissimus dorsi, or great muscle under the arms.

Embody these points in your regular breathing exercise, and if you take ten or twelve breaths daily according to these directions, and breathe pure air, your lungs and lung muscles will be kept in good condition. Endeavour to form the habit in your normal breathing of breathing correctly, beginning every inhalation and exhalation at the lowest part of the lungs.

In dealing with the second item, water, we will consider first its external A cold sponge bath in the morning, after a little exercise, is the best tonic it is possible to take. water should not be temperate, but should be as cold as is obtainable. The reaction will then be more decided. that is, after a brisk rubbing with a rough towel the body should be warm and glowing from the accelerated circulation. If, through impairment of constitutional vigour, a sensation of chilliness is felt after the bath, it is better to discontinue it, until by judicious exercise and strengthening of the lungs and other vital centres, the vitality of the body is increased. The cold bath in the morning is not intended to cleanse the body, except indirectly. but to act as a tonic and a protection against colds. For delicate persons. or for those who do not deem it advisable to take up the cold bath suddenly, a friction bath is valuable, and, in fact, should always precede the sponge This is a hard rubbing of the entire body with a course, rough towel, or a brush with fairly stiff bristles.

The exercise in the evening should be followed by a warm or hot hath to cleanse the skin of excretory matter and impurities brought to the surface by the exercise. Neither hot nor cold water should be used exclusively.

The body should be cleansed internally by drinking copiously of water at the right times. Drink absolutely nothing with meals. Drink immediately upon rising, and after exercising in the morning, and before and after exercising in the evening, and frequently during the day between meals. Use plenty of water. least two or three quarts should be drunk every twenty-four hours. well to take an internal bath, thoroughly flushing the colon with warm water, occasionally, to cleanse the alimentary canal, and avoid the baneful effect of food stuffs fermenting and putrifying in the gastro-intestinal passage and generating poisonous matter to be absorbed into the system. The internal bath should be used where there is a tendency to constipation.

In the morning the nasal passage should receive a thorough cleansing with warm salt-water. For this pur-Pose a nose cup is a great convenience. The tonsil trouble is a far more com mon one than is generally supposed, in fact it is frequently overlooked altogether. The secretions from the tonsils become thick and viscid and harden into lumps, which, unless softened and removed by the daily nose bath, set up inflammation and cause much trouble. Or, one or both of the nostrils may be so obstructed as to leave an unventilated space behind, where excretions collect, decompose, give rise to foul emanations which pollute the breath, and result in chronic catarrh.

. REST, OR RELAXATION.

The average man feels inclined to ridicule the statement that he needs to be taught how to rest. He considers that he possesses that knowledge

by the light of nature. But is this the case? Doctors who treat nervous diseases will tell us that probably ninetenths of such complaints result from inability to rest.

The knowledge of how to rest is not in these days of unnaturalness entirely inherent, and practice is needed just as in walking, weight-lifting, or any other work. The art of relaxing, or placing the body in a condition of complete repose is possessed by few. It requires considerable cultivation. The methods of attaining it are various, but there are certain general principles. The man who can do it most is the man who can rest best while he is at it. By the proper development of this faculty it is possible for a person to obtain a great deal of rest, to recuperate, during the few minutes which he may have from time to time during the day.

Suppose we leave that aside, however, and deal with the method of getting a proper rest during the usual resting hours. The difficulty of going promptly to sleep, and procuring restful sleep is a common one.

Relaxation is the secret of rapid recuperation and rest, but there must be both physical and mental relaxation to insure a proper rest. Physical relaxation, or repose may, by some, be induced by the direct application of others With force mental method would fail. Certain movements may be necessary to secure physical ease and tranquillity. In the first place, assume a comfortable position, whatever that may be, preferably on the right side with the under arm Take deep regular to the rear. breaths. Yawn if a thought can induce a natural one. Without trying to force matters, see if you can stretch naturally several times. This removes the sensation of fatigue. Lessen the tension in the legs by flexing the feet and ankles, rotating them, or bending the feet up and down. the movements very gently and delib-Perhaps you will unconsciously or instinctively change your position to one more comfortable. Decrease the tension further by raising first one arm and letting it fall perfectly free and limp. Offer no resistance: then the same with the other arm. and with the legs. Try to make the movements as unconsciously as possible, as a conscious movement with tense muscles is the reverse of what is required.

Having freed the body from all tension, rigidity, or strain, and placed it in a comfortable position, turn your thoughts gently, not abruptly, or with sudden transition, to the mental state.

The condition of mental relaxation is not an easy one to explain, nor when explained always easy to comprehend. We have become so accustomed to the idea of "Keeping hold" of ourselves, that it is difficult to realize the necessity and importance of "letting go." To some the art of resting is a gift. with others it must be acquired. First of all endeavour to detach yourself from everything external. Free your mind as far as possible from any definite idea. When a thought arises, do not drop it suddenly or expel it, or retain it, just let it have its course. Let the mind be calm and placid. Endeayour, not strenuously or violently, to induce a condition of mental inactivity; a state in which the mind withdraws into itself, tranquil, calm, isolated, under the control of the will. Be Make no effort: do entirely negative. not trouble about the progress you are making; have no thought as to the result of your experiment.

Gradually you will develop a feeling that you are quite detached from your surroundings: that you are looking at them, but that they have no connection with you. You will feel that your mind, as well as your body, is in a state of absolute repose, a semi-comatose, trance-like condition productive of perfect rest. When this point is reached, sleep will generally ensue, of a kind which will store the body with energy and strength. The same method may be employed to advantage in recuperating, if but for a few minutes, at intervals during the day. sume a comfortable posture and follow the plan already indicated.

The supreme test of having reached the point of complete repose, of "letting go," is the sensation, on resuming the normal condition, of a change of consciousness, corresponding exactly with the waking from deep sleep with a feeling of again taking up ordinary waking life, with its restless, rushing mental activities.

The Eastern people have cultivated and developed this faculty to a high degree, and are able to exercise it so fully that animation appears to be entirely suspended.

The question of food is a most comprehensive and important one. Most people would benefit greatly by reducing the amount of food they use, one half. It is surprising how little food is actually necessary. The vast majority of people eat more than they require at practically every meal, and a very deleterious feature in connection with this over eating, is the many varieties of food consumed. It takes a strong stomach to withstand the abuse of a complicated dinner. It is the mixing of many kinds of food at one meal that does the injury. Make

your meal of not more than two or three dishes. It is desirable to have variety, which is obtained by making each meal slightly different from the preceding one. Many kinds of food introduced into the stomach at one time are sure to be harmful. If people would work their stomachs as little as they do their lungs, and their lungs as much as they do their stomachs, we should never hear of consumption or dyspepsia. An excellent plan, rational and beneficial, is to eat only two meals a day, omitting either the morning or mid-day meal. Eat only when hungry, and just enough to properly nourish the body. Masticate every morsel of food to a liquid, and for the sake of your teeth as well as your stomach eat something that requires effort in the mastication. Whole-wheat or gluten bread, dried thoroughly in the oven, will give the teeth some work to do, and the thorough mastication and insalivation necessary in eating it makes it an excellent food to use in weakness of the digestive organs. Drink nothing with your meals. If you partake freely of water between meals you will not feel the desire for liquids with your food.

Although exercise is placed last in the list of the things necessary to secure perfect health, it must not be supposed that it is the least important, but it is advisable to mention the other conditions first to indicate right methods of living upon which to base exercise.

A GOOD SUGGESTION.

The Dean of the Medical Faculty has suggested that more attention be paid to the health of the students. He proposes that a few of the medical staff shall address the students in regard to the proper care of themselves.

THE QUEEN'S ALUMNI SOCIETY OF NEW YORK.

THE loyalty of those of our graduates, who reside in the City of New York, to old Queen's has never been doubted. Their continued interest in Queen's has been clearly shown by the prizes and scholarships they have established in their Alma Mater. It is with genuine pleasure, therefore, that we here publish the letter of greeting which the Queen's Alumni Society of New York sent to our Principal on the occasion of his Installation.

The members of the New York Society of Queen's University desire on this occasion of the installation of a successor to our late beloved Principal to send greeting to Doctor Gordon, the Senate and the students of our ALMA MATER.

Isolated from the land of our birth and education, yet living among friends of our own stock and fibre, we look back to the days of our College life at Queen's with hearts full of gratitude and pride, realizing more and more deeply the inestimable privileges spread before us in those old familiar halls and the interest and devotion of professor and tutor alike.

Our little band of the sons of Queen's meeting here in the Metropolis of the new world to sing the songs and bring back the scenes of student days, came into its organized existence at the enthusiastic call of the great Principal whom we have lost. His last thought was for the welfare and glory of this University, and at each step towards the attainment of the ideals set by him we have heartily rejoiced; and we now unite with all the friends of Queen's in welcoming the distinguished scholar and patriot who takes up the task of his eminent predecessor of guiding our Alma Mater to a still broader and more brilliant future.

To you, Sir, we now pledge our allegiance, with every confidence that in you Queen's has found a friend and a valiant leader.

(Signed) JOHN R. SHANNON, B.A., M.D.,
NEW YORK CITY, President.
October 14th, 1903.

Queen's Unibersity Journal

Published by the Alma Mater Society of Queen's University in Twelve Fortnightly Numbers during the Academic Year.

EDITOR-IN-CHIEF ASSOCIATE EDITOR MANAGING EDITOR	:	F. H. MacDougall, M.A. L. P. Chambers. S. E. J. Beckett, B.A.

DEPARTMENTS:

Ladies	•	•	-	Miss M. I. Williams.
ARTS -	-		-	D. Campbell.
MEDICINE	-	-	-	A. C. Spooner, B.A.
SCIENCE	-	-	-	A. J. Milden.
DIVINITY		-	-	J. R. Watts, B.A.
ATHLETICS		-	•	H. J. Williamson, B.A.

Business Manager Assistant			_	E. J. Reid. Stuart M. Polson.				
Business Committee		-	•	Miss E. Ostrom. E. A. Collins. D. MacKinnon.				

Subscriptions \$1.00 per year; single copies 15c.

Communications should be addressed to the Editor, or to the Business Manager, Queen's College, Kingston.

Editorials.

YOY and sadness are most wonderfully intermingled in this life. While to most of us the christmas vacation has been a time of good-cheer and happiness, to others it has been a season of mourning for the loss of friends. Death is at any time an unwelcome visitor, but when it comes to us at a time when the happiness of all about us is the predominant note, it has a gloomier and more repellent countenance. Accordingly it was with great sorrow indeed that the students heard that during the holidays several of their number had passed away. The many expressions of regret which we have heard will assure their friends that the sorrow of the Queen's students is deep and sincere.

To think of New Year's is to call to mind the forming of resolutions and quite naturally so. We are always rather conscious that we are not doing our best and we welcome any opportunity for starting all over again.

Coming to college in October we resolve that our study shall be systematic from the beginning; and if (as sometimes happens) it has become disorganized and put to rout by a long series of social attacks in the shape of "At Homes," "Dances" or "Levana Teas," we solemnly determine that from January 5th, 1904, onwards we will be so diligent in our studies that our professors will beg us to not imperil our precious health in such an eager search for knowledge.

Few, however, will assert that the making of resolutions is an unmixed evil. It is harmful only to those who put forth little if any effort to carry their resolves into effect. And even although many of our resolutions are as if they had not been, it must be remembered that without resolution man's activity would immediately cease, without determination nothing is brought to completion. Men, of course, ought to be continually endeavouring to uplift themselves, and should not delay until the first day of the year to make attempts at a higher standard of life. But so long as men will live a mediocre life all the year round with no desire for better things, it is very appropriate and necessary that at one period in the year, at least, they will experience, influenced to a great extent by the new spirit which is abroad, a fresh impulse to try once more what they can do with themselves.

The students of Queen's have also their decisions to make. We have to decide that in college life, as well as in anyother life, the sole object and aim should be the development of character. We should be honest and upright. We should possess that characteristic which distinguishes the true scientist and the true philosopher, a disinterested love for truth.

THAT Russia and Japan will be obliged to settle their difficulties by force of arms is a contingency which we hope will not come to pass. at all times involves a great deal of suffering and privation and things must indeed be badly out of joint before a conflict between two nations is required to set them right. The prospect of the other great powers being also entangled in the fight is not a pleasant thing to contemplate; and if Russian, Japanese, Chinese, British, French and Yankee have a part in the turmoil, the task of reading an account of the hostilities will also be far from pleasant

DEFORE settling down to hard work we are waiting for the Conversat to close (?) the year's festivities, and we all are, or should be, anxious for it to be a success. there are many who think that the Conversat can never be a success, no matter how large the attendance or how successful its finances may be, so long as it partakes of the nature of all recent Conversats, that is, a dance. The Conversat is a University function, it is indeed the only function, except perhaps for the Freshmen's Reception, in which the whole University is interested. It therefore is, or should be, an academic function. There we meet our friends not only for the sake of entertaining them in return for the kindness they have shown to us, but also to show them "our University." And how do we do it? We take them into an overcrowded hall and whirl them around in an endless repetition of two-

step and three-step; indeed it makes very little difference which, for between trying not to step on your partner's toes or on the train of the lady dancing nearest you, you are given no opportunity of dancing gracefully or with freedom. It may be pleasant to be jostled around in a closely packed crowd, and it is certainly very amusing to the spectator, but it occurs to us to ask if the purpose of an academic function is best served in this way. Was there not considerable justification for the farmers who refused to vote money to Queen's with which we might put up a dancing hall?

There are at every Conversat many who do not dance, some because they have never learnt how to dance and others because they have passed the stage when dancing appeals to them. For these there is nothing to do but to promenade till they are tired and then to sit till they are tired, and talk. And of the others, many dance because there is nothing else to do. Of course most of those present have a fairly good time, but some do not. And even those that do, go away without having received any benefit especially characteristic of a University function.

There was a time when the Conversat was more than a dance. At different hours during the evening some of the professors, especially the professors of the natural sciences, would give short talks on their own subjects illustrated by magic-lantern slides and by experiments. Any one who heard Prof. Gill's lecture on "Wireless Telegraphy" a couple of years ago or Prof. Knight's lecture recently on "Brain as the Organ of Mind" can imagine how very interesting such talks might be. The Conversat of that day was not

only an occasion for meeting city folks, it also afforded means of entertaining them. They came to the College, saw the work that was being done, heard many instructive talks, and went away not only feeling they had had a "jolly good time," but also impressed by the fact that they had in their midst a University and a University staff of which they might well be proud.

'Varsity, and some other Colleges also we believe, have decided to do away with dancing at their Conversats and to make these functions in reality. and purely, academical. We have had no occasion of ascertaining what success they have had, but the change could not but be an improvement. Could we not also with profit remould the character of our Conversat? Whether it is wise or desirable to do away with dancing altogether we will not venture to say. There is no reason why a room could not be set aside for a musical programme, another for games, and still another for dancing. But none of these should be allowed to become the main feature of the Conversat, as is unfortunately the case now. It is too late of course to make any serious change in the programme of the Conversat for this year and in fact at the time of writing we have not yet heard what form the programme is to take-but these suggestions might be kept in view when arranging for next year's Conversat. Of course the proposed style of Conversat would involve considerable expense, but we need not hesitate to say that the professors and the other triends of Queen's would more gladly subscribe larger sums to such a Conversat than they do subscribe smaller sums to the style of Conversat now held, where only those

can enjoy themselves who not only dance but are so infatuated with dancing that they do not mind how much inconvenience they undergo or how much they inflict on others.

THE Arts Court has come and gone and there was no scrap. While a scrap is fun and therefore many were disappointed that there was none, we should remember that out of doors is the proper place for that form The thanks of the of amusement. student body, and of the Arts students in particular, are therefore due to those men in Medicine and Science who successfully used their influence to prevent any collision. This must not be taken as an admission that we cannot have a little fun in our midst without danger of serious consequences, as the papers would fain make out. The way all former scraps have been carried on shows that while it is possible to become excited and therefore perhaps somewhat careless, yet the least bit off ill feeling never exists. It is our way of becoming acquainted and also affords an opportunity for letting off surplus energy. But everything has its proper place, and the place for a scrap is out of doors. Perhaps we could work up an interfaculty snowball fight that would take the place of the annual court-scrap.

In the session of one of the Courts this year considerable interest was taken by the attorneys, both for the prosecution and for the defence, with the result that they became somewhat excited and let slip remarks that in their more sober moments they would regret. The Court is not only a means of punishing offenders but also affords

valuable training to those who in any way take part in the proceedings; and one of the things such a training should teach is never to become so excited that you do not realize what you It is to be hoped that are saving. more care will be taken in the future regarding this matter. Another suggestion that might be offered is that it will generally pay where possible to impute to the persons involved sincerity and nobility of motive. prosecution should try not to prove the prisoner guilty, but to find out whether he is not innocent. And the prisoner should not take it for granted that he is being prosecuted as the result of spite, but rather that all are sorry that it is necessary for him to be tried at all.

EDITORIAL NOTES.

At one of the "At Homes" last session a Professor's private room was used without his permission. While the professors have no objection to letting their rooms be used on these occasions, it is not right to take a room without letting the professor know that it is wanted, for not only are his books and papers apt to be disturbed if he has left them lying around, he may have papers in his room which he does not wish to be seen. We hope this will never occur again.

On the programme of the "Alumni Conference," to be held Feb. 8th-12th, we see the following which are of interest to others besides those interested in theological subjects; three lectures on "Kant and the Ritschlians," by Prof. Watson, and four lectures on "Modern Views of Astronomy" (Chancellor's Lectureship), by Prof. Dupuis.

The question of a University bookordering department was referred a
year ago by the A. M. S. to a committee. They have not yet even reported
progress. Another question that
might well be considered is a University press to print not only the JOURNAL and THE QUARTERLY, but also
to do all the Senate's printing and any
other printing of interest to Queen's.

The debate between 'o6 and 'o7 should have been over by this time, but was postponed. We hope it will not be postponed so long that the final debate will come off when we are heads over heels in work. It is not fair to those chosen to debate. We would be glad to be able to announce in the next number the result of this debate, and also to announce the date for the final debate of the series.

There was no debate at the second meeting of the Philosophical Society, though the subject was a most interesting one and should have produced the liveliest discussion. Was it through omission that the chairman failed to call for a discussion, or is it the intention of the executive that only those whose names appear on the programme are to speak? If the latter, the Philosophical Society is not filling the place we hoped it would. There should be meetings, whether informal or under the auspices of a society, at which anybody who has an idea to suggest or a question to ask should not only be free, but should also be encouraged to speak. While naturally older heads would do most of the talking, younger heads should feel free to talk, provided they think. To attain this end is what we hoped the Philosophical Society would try to do.

Ladies.

THE RETURN OF THE STUDENTS.

Far from the old Ontario shore

Where hills and valleys covered with snow Shine and glisten while the North winds roar And Fahrenheit numbered thirty below, There all the students were scattered about Enjoying themselves without a doubt; They had not a thought of College work, Nor did one task that they could shirk.

Just when the gladness of festive days
Enthralls and charms all Students' minds,
When each to skating attention pays,

When each to skating attention pays,
And forgets to read those "Vergil" lines;
From the Limestone City comes the call
From these College halls so grim and tall
Students, oh Students, come back again
Or your hopes for next Spring will all be vain.

And something awoke in the slumbering heart
Of those who loved their Alma Mater,
They made preparations, though dreading to
And then set out a few days later. [start
And the sad home-folks who saw them go

Heard many a sigh of sorrow and woe
But "Queen's" rejoiced once more in the fact
That all her children were now again back.

T last, we Queen's girls have a gymnasium of our very own. Our appreciation of it will be all the greater, we hope, because of our prolonged anticipation. Grateful indeed are we to the Senate for their kindness in granting us the upper flat Divinity Hall, which, by their orders, has been fitted up with electric light. Our appreciation of the gymnasium will be much enhanced by the fact that we are once more to come into possession of our old quarters hallowed as they are by pleasant memories. For the past two years, the polar bear has guarded our old haunt and silence has reigned; but the smile that bruin wore on December 4th, when released from duty, manifests his approval of the gymnasium scheme. The Society wishes also to thank the Athletic Committee most heartily for the promptness and generosity they have

The many break-downs of last spring

testify to what extent we have felt the need of some adequate means of exer-But since the wherewith to satcise. isfy this need was not forthcoming, we forbore to grumble, and tried to console ourselves with the rink. Indeed this same rink has, for many years, been a good friend to the Queen's girl, and has served more purposes than one, as many of our graduates can aver. But alas! many of the girls have not learned the deft art of skating in childhood, and are loath to make an exhibition of themselves before their fellow-students, especially after they have attained to the dignity of College women. over the rink is open barely three months in the year, and that at a time when the extreme cold prevents many of the lady students from exercising there.

Not only to these already mentioned but to all others of our number, will the gymnasium be a great benefit during the fall term. Comparatively few are members of the Tennis Club, we are sorry to say; hence the vast majority coming into the whirl of College life after their summer's rest, feeling themselves strong and well, give no thought to exercise, except perhaps to that so-called exercise, which comes to them from the multiplicity of promenade concerts, and "At Home" dances. Consequently, the Queen's girl-one of "the rural population"-finding herself in her quiet little home at Christmas, at last pauses to think, and is forced to admit that physically she is unable to meet the duties of the incoming year.

Accordingly we are glad that the much-longed-for and much-needed gymnasium is at last ours. Only there can we get that all-round development

of the body which is the ideal. The spring examinations will surely prove that the Athletic Committee have invested their money wisely; and nothing is more probable than that the proud fathers, rejoiced at the splendid appearance of their daughters next May, will donate handsome sums to the Athletic Committee for the new gymnasium for men-students to be erected "in the sweet bye-and-bye."

On the eve of December 16th, in Convocation Hall, a number of the lady students of Queen's played "Cranford" before a large and appreciative audience composed of members of Alma Mater and friends of the College. Every credit is due to those members of Levana who so cleverly presented this old English drama. The costumes were varied and picturesque: the quaint characters in their old-fashioned silks and laces took us back, in a most realistic manner, to that quiet little English village where the advent of even such a thing as a man caused a sensation. "Cranford" has given so much pleasure to the students, that many have expressed a wish that the Levana Society will make a performance of this nature an annual event.

Y. W. C. A.

The anticipation of all those who take an interest in our Y. W. was fully realized in the success of our meetings throughout last term. All the meetings were most helpful and interesting. At the last one Miss Connor conducted the devotional exercises, while Miss Asselstine read a paper on "The Responsibility of Opportunity," treating the subject in a very able manner.

The first meeting of the New Year augured well for the prosperity of the

Society during this session. Miss Arthur's paper on "Charity" was especially earnest and instructive, and all were impressed with the thought of how vastly important it is that this one potent quality, charity or love, should hold sway in our hearts.

Will wonders never cease? It has just come to light, that one of the Freshettes is looking forward to celebrating her *fourth* birthday.

Arts.

NEW YEAR'S RESOLUTIONS.

THE serious part of the session is now upon us, and many faces are beginning to show the effects of work done at high pressure. however, is only the result of trying to live up to New Year's resolutions on the part of those who have not yet discovered the futility of vows.-to do so much work each evening, or to give up habits which, in our highly virtuous moments, we call bad. In a week or so everything will be normal again. These 'good resolutions' are of the peculiar things in life. we theoretically set our lives in order and determine to live in the manner we have blocked out, which of course is according to some high purpose, but in a few weeks at least we are back in the old comfortable ruts again. In disgust we vow to never try the Ideal again, but like spring and exams. the time always comes round when once more we go through the same old process. The Journal's best New Year's wishes are that each reader may do as good work as he has resolved to do at this the beginning of

1904. What a difference that would make over the ordinary session's work!

PHILOSOPHICAL SOCIETY.

The second of the open meetings or the Philosophical Society was held on Friday evening, January 8, in the Biology room, old Arts building. illustrated lecture by Dr. Knight on "Brain as the Organ of Mind," followed by a paper by Dr. Clark on the same subject, was the programme offered. Dr. Knight treated the subject from the point of view of Physiology, and showed the development of the nervous system as seen in the lobster, the dog, the monkey and man. showed that the tendency is to have the functions of the nervous system centred more and more in the brain, the higher the animal is in the scale of life. Then the lecturer passed to the functions of the brain itself, showing how different parts control different sets of nerves and muscles, and briefly gave the audience all the important facts known to physiologists concern-In conclusion Dr. ing the brain. Knight frankly confessed that he had no idea as to how the brain is the organ of thought or will. would leave Philosophy to answer if it could.

Dr. Clark's discussion of the subject from the Pathologist's point of view was also greatly enjoyed by the audience. Dr. Clark's experience in this work ensured an interesting and clear paper, the only fault the hearers put forward being that it was too short. This, however, is a censure which every lecturer or speaker would be quite willing to have passed upon them, even if they had not an excuse like Dr. Clark, who was called upon

to give his paper on very short notice.

To say that the meeting was successful is scarcely doing it sufficient justice. The lecture room could not accommodate the numbers who attended, and a second room had to be thrown open. Many had to stand up all through the meeting, and although the room became very warm and uncomfortable, each one took it quite philosophically, and in fact was rather sorry when it was all over.

The Society has arranged for a particularly good programme for the term, and will doubtless have the hearty support of the students in the work it is doing. It has already justified its existence in the list of College societies and deserves to be prosperous.

The following has been told us on good authority:—A student handed in an essay to a professor, which was so poorly written that it could not be deciphered by the latter. He returned it later with that information written on the back of it. The student, however, could not read the criticism, and it was only after very careful work by a couple of his friends that the professor's note could be made out. What he should do in the case is what he is now debating.

Arts was represented by Mr. J. D. Calvin at the medical dinner, and by Mr. G. A. Brown at the Science dinner. Both report a very enjoyable evening, but that was a matter of course, for our sister faculties never fail to make things interesting when they foregather for a good time.

The Arts delegate to McMaster dinner is reported to have "kept sober," according to the condition laid down by the senior year. He says he had a good time until called upon to reply to the toast "Sister Universities." By that time his "ability" at a dinner was already past. He reports that McMaster's faculty and students are all right, especially the "Christians." The boys looked after the latter. Some "Hieland de'il" must be making his home at McMaster, for the boys got off the Gaelic slogan to perfection.

The conversat. is now in the air, and students who have not yet been captured are trying to avoid the honour of working on committees for it. But the conveners, who have had greatness thrust upon them perforce, will give no man a rest unless he promises to work for them if wanted. Every student should remember that he is partly responsible for the success of our attempt to entertain our friends, and should be willing to go to a little trouble, and work toward that end.

But lest the Arts men should altogether set their minds on vanities, forgetting the sterner realities of life, we would warn them that rumours are flying that the Concursus contemplates another sitting. Whether for the court photograph or otherwise is unknown, but it is better to be prepared for the worst and run no risks.

The senior year is pleased to see again the smiling countenance of Fred Miller in their midst. The charms of Ireland led him to spend some months there, but '04 had too much interest for him to allow him to miss graduating with his class.

The Arts Faculty extends the most sincere sympathy to the relatives and friends of the late students, Mr. E. J. Wells, B.A., tutor in Botany, and Mr. J. H. Graham of the Junior year. Both died at the General Hospital during the Christmas vacation, and it came as a great shock to the rest of the students, who were scattered through the province for the time of merry-making, to hear of the untimely death of two of their comrades. Elsewhere in the JOURNAL more detailed notices of the deceased will be found.

Medicine.

THE DINNER.

THE final event of the fall session, the medical dinner, took place in the City Hall on the evening of Dec. 17. It was certainly a success in every way and reflected great credit upon the various committees to whose earnest efforts its success is due. The menus were new and attractive in design. The printing of the toast list on a separate card was an excellent idea and much appreciated by the students. The decorations called forth many remarks of admiration, while the music was most inspiring and the service excellent. The conveners of the various committees were: - Dinner, A. K. Connolly; programme and printing, J. M. Young; reception, E. J. F. Williams; musical, E. W. DeLong; decoration, C. S. VanNess; invitation, J. R. Goodfellow. Beside the students there were present the Principal, the Mayor, the members of the Medical Faculty, and representatives from other universities, the bar and the press.

At about 11.30 President Caskey

arose to propose the toast to the King, which was honoured in the usual man-"Our Dominion" was proposed by Mr. A. K. Connolly, who described at some length the resources and progress of the country. toast was eloquently responded to by Mr. E. J. B. Pense and Dr. Sullivan. "Queen's and Her Faculties" was then proposed by Mr. W. H. Lavell, whose remarks, though mainly eulogistic, contained some suggestive criti-Principal Gordon, Dean Connell and Prof. Callendar replied, all expressing confidence in the future of Mr. H. Tandy next pro-Oueen's. posed "Sister Universities." Replies were made by Mr. Anderson for the Western University, Mr. G. E. Eakin for 'Varsity, Mr. J. F. Dunn for Mc-Gill, Mr. H. W. Byers for Bishop's, Mr. I. D. Calvin for the Arts Society, Mr. T. F. Sutherland for Science, and Mr. A. Petrie for Divinity. The delegates all spoke highly of the way in which the Entertaining Committee had looked after them since their arrival in the city. "Our Guests" was then proposed by Dr. W. T. Connell, and Mayor Bell and Mr. J. M. Farrell Dr. Herald then proresponded. posed "The Undergraduates," describing the ailment from which they suffered, the symptoms of the various stages and the treatment. The prognosis, much to the relief of the freshmen, was pronounced favourable. The toast was responded to by the presidents of the various years. Hospitals" was then given by Mr. Ford C. McCullough, who suggested that in the future this toast should be given a more prominent position. He also hoped that in the near future house surgeons might be appointed to the Hotel Dieu, the same as to the General Hospital. Dr. Ryan, who replied, thought that this might be accomplished within a few years—a statement heartily applauded by the Dr. Anglin also replied to students. Then Mr. J. V Gallivan proposed "The Ladies." His speech was most eloquent, and he certainly made out a very strong case. Mylks and Dr. Williamson gallantly Mr. E. W. DeLong then responded. proposed the last toast, "The Press," but its representatives, perhaps overcome by the soporific toxins of the bacillus coli communis, failed to re-Mr. E. J. Reid alone remained to champion a worthy causethat of the JOURNAL.

During the evening songs were acceptably reudered by Messrs. V. Daly and W. H. Lavell. Mr. Ford C. McCullough sang the final year song, in which the members of the final year were cleverly characterized.

The meeting in the medical building on the afternoon before the dinner was well attended. Dr. Sullivan addressed the delegates in his usual vivacious His reminiscences of the manner. earlier days were most interesting, and his fund of humour inexhaustible. In the evening he was obliged to protest against the anti-phlogistic treatment to which he had been subjected. But as the doctor recommends it in some cases, and as it gave such excellent results in the present instance, the boys considered it justifiable. was not employed empirically.

Dr. C. P. Johns, a graduate of 1900, has returned home after spending a couple of years in England.

Mid-sessional examinations have been held in various subjects, The professors have taken pains to fix the dates to suit the convenience of the students. Dr. Mundell offered a Walsham's Surgery to the student writing the best examination in Junior Applied Anatomy. Mr. H. A. Boyce was the fortunate one.

We are very sorry indeed to hear of the illness of Dr. Anglin, and sincerely hope that he may have a speedy recovery.

A brand-new staff of house-surgeons has appeared at the General, consisting of Drs. McKinley, Workman and Robertson.

Srience.

A HALCYON NIGHT.

\\ \JHAT a palpable scene! There at the City Hall on Dec. 16th, were gathered in full force the Christian and Lacedonian Scientists as fine a looking crowd as ever graced the halls of Queen's University. Not dressed in the armour to repel the Arts' adventurers but in that of peace. To a chance spectator whose imagination could recall him across the sea, he would have been reminded very much of the famous Belgravedinners; he would not at first glance be struck so much by the "U" arrangement of the tables as by that of the individuals. Starting from either side of the vertex of the "U" he would first note youth with its playfulness and innocence gradually grading to muscular christianity and then finally to respected manhood with its gray hairs and bald spots on either side of the base. An unusual cheerfulness filled the spacious hall, the forty Mayors seemed to look down with favour upon the proceedings beneath and even the air in its vibrations of pressures seemed to sing "Peace and goodwill among men." The hall was festooned and draped with flags and emblems and the band of the 14th P. W. O. R. still further enlivened the scene.

WHO WERE PRESENT.

There were present Principal Gordon; Eugene Coste, President of the Canadian Mining Institute; W. G. Miller, Mining Inspector for Ontario; J. W. Evans, C. E., Deseronto; Donald McIntyre; E. J. B. Pense, M.L.A.; Professors Dupuis, Cappon and Mc-Comb: the Science faculty and graduates from a distance including Messrs. Baker and Donnelly. Among the student notables present were Judge "Fresenius," the honourable Collins of philosophic fame; "tempestuous" (or shipwrecked) Strachan; the idiosyncratic Teddy of Basilisk powers, (or bear fame); "Linger longer," Sears; "Plumbic," McGinnis and "weary" Dick.

DINNER ITSELF AN "AMBROSIAL" ONE.

An original feature of the dinner was the six page menu card in the shape of a crystal with special pen and ink drawings interwoven with scientific terms which made it a very interesting as well as instructive one. The fare despite "Parallel Grouping" crossed dispersion and internal resistance was found digestible as Dupuis' increments were not mingled. The service, especially the waiterage, was good and caterer Ferguson certainly deserves credit.

TOASTS AND SONGS.

After the Hon.-Pres. and E. T. Corkill in a few words welcomed all present it was generally felt there would be able addresses and lively songs nor was any one dis-Prof. Gill set the ball appointed. a-rolling by proposing "our country" calling attention to its present prosperity and calling for a still greater patriotism to Canada. The students sang loyally "The Maple Leaf" and then greeted the Principal with cha ghiell! cha ghiell! The Principal spoke in good form and painted a picture of Canada not only as an agricultural country but rich with many other resources only awaiting development. He laid stress, as in the past and the present, countries were measured by men as well as resources. Universities were more indebted to Lord Kelvin men than substance. with no advantages of apparatus brought fame to his University and lasting honour to his personality. Sister Universities should have nothing but a healthy rivalry and should have some share in public life, raise it to higher ideals and purer actions. And we should link our destiny with Great Britain; E. J. B. Pense also responded from a legislative point of view.

D. McIntyre proposed "Queen's" and her faculties showing the interrelations between Arts and the Sciences and the necessity for the right men in this country. "The great steam and her fascinating sister electricity under the adapter and adjuster found no antagonism in the humanities and as all roads lead to Rome, so all college efforts lead to the one great harmonious conclusion."

Prof. Dupuis on arising received an ovation from all present and was certainly given a splendid hearing. His is a very dry wit so dry in fact that it almost burns. He told in his humorous way his connection with the Medical faculty for fifteen years, one half session in Theology and his connection with his present charmers Arts and Science.

Prof. Cappon in a very able speech dwelt in part on the necessity for Science students to have more Arts subjects and pictured humourously the forces of Prof. Dupuis and Prof. Watson meeting in the clash of arms and legs.

Prof. McComb made a truly eloquent Irish speech with sound advice to the young Engineer.

A. J. Milden proposed "Sister Institutions" and was replied to by "Delegate Smithers" of 'Varsity who made a very favourable impression.

M. B. Baker ably presented "the profession and was replied to by Eugene Coste, W. G. Miller and J. W. Evans, C. E., in a very creditable manner.

R. G. Gage proposed a hot toast "on seniors" in his usual oratorical style and was replied to by E. E. D. Wilson and A. R. Webster in a breezy though very interesting manner.

Dr. Goodwin honoured "the graduates" telling of good work done by them and of their success in all parts of the world. Jno. Donnelly and S. L. Rose responded nicely.

Jno. Sears toasted "the press" and E. J. B. Pense in replying did not find newspaper work altogether a bed of roses.

P. Forin, L. E. Drummond, S. L. Rose and J. V. Dillabough rendered

in fine style, popular songs between the speeches.

The proceedings were brought to a close at 3 a.m. by all singing "Auld Lang Syne" and everyone felt that the dinner was a greater success than has been.

EXTRACTS FROM THE FACULTY SONG.

"And now behold a portly form Who's honoured us this year As Honorary President We're pleased to see him here, He's very quick but not as slick, As he who did a crystal "touch." We hope he won't think it was any one of us Perhaps—"It was the Dutch."

Here's to the Prof's. of Science
They're not too bad,
Now don't get mad;
We only tender our best wishes
To the good old Prof's. of Science
Hall.

PERSONAL.

H. S. Baker, B. Sc.; Chas. L. Fortesque, B. Sc.; are visiting their parental homes.

"Spike" McKenzie '03, has secured a very lucrative position with a newly reoganized company in Londonderry, Nova Scotia. Congrats "Spike."

Messrs. Chas. and Jos. Workman, have returned from survey work in Assinaboia; they report some interesting experiences and speak in glowing terms of the West.

"Peggie" McDiarmid has returned to his home from Fort Pelly, N. W. T.

Geo. Mackie has just returned from Cobourg, where he has been managing an apple emporium.

During the 'Xmas holidays, W. K. McNeil, B.Sc. and Alex. Longwell, B.Sc., visited their city friends; it is whispered that W. K. McNeil contemplates taking Post-graduate work in Germany or England.

OTHER NOTES.

The Editor has heard of no New Year resolutions from any of the Scientists.

A struggle of a strenuous kind will take place about the 15th inst. between Divinities and the final year in Science. As the Divinities are practising hard on the quiet a good game may be expected—no collection after any of the individual efforts of our Divinity friends.

Athletics.

RUGBY FOOTBALL.

THE officers of the Rugby Football Club, for next session were elected by the Alma Mater Society on the second Saturday of December last. They are as follows:—

Hon.-President—Prof. Campbell.
President—B. O. Strachan.
Vice-President—A. A. Baillie.
Sec.-Treasurer—C. Laidlaw, B.A.
Asst. Sec.-Treas.—J. Dillabough.
Capt. of 1st team—R. Patterson.
Capt. of 2nd team—G. Smith.

HOCKEY.

The officers of the Hockey Club for this year, are as follows:—

Hon -Pres.—W. H. MacInnes, B.A. President—M. B. Baker, B.A., B.Sc. Vice-President—R. Mills. Sec.-Treasurer—J. M. Macdonnell. Asst. Sec.-Treas, - J. J. Gillespie. Capt. 1st team—Cyril Knight. Capt. 2nd team—B. Sutherland.

HOCKEY TOUR.

During the Christmas holidays, Queen's hockey team played three exhibition matches with outside clubs. The result was: - one victory, one defeat, and one draw. Owing to the repairs being made at the rink, the hockey season did not open as early here as in the neighbouring cities and consequently the hockey players were not in as good trim as they would have desired. However these practice matches will be the means of putting them in good condition for the Intercollegiate series. On December 18th the team went up to Belleville, and played a draw match with the team of that city. The score was 5 to 5. the first half Queen's outplayed Belleville but the latter team was in better condition, and managed to even up in the second half.

On December 30th the team played in Peterboro, and lost by the score of 6 to 3. The match throughout was fast and clean, and was witnessed by a large crowd of spectators. After the match, an oyster supper and dance were given in honour of the visitors. The team was scheduled to play in Prescott on December 31st, but missed the train at Belleville and so this match could not be played.

On New Year's night they defeated Morrisburg by the score of 7 to 3. This match completed the tour. The boys report a good time in all the places they visited.

The following players participated in the various matches: Mills, Macdonnell, E. Sutherland, Knight, Walsh, Richardson, Gillespie, B. Sutherland, Brewster.

Queen's hockey team received invitations to play matches at Houghton and Sault Ste Marie, Mich., but refused to accept them.

Dr. Jock Harty is again coaching

the hockey club. Much of the success of the team last year was due to his efforts and the players are pleased to have him act in the same capacity this year.

'Varsity hockey team has of late been severely critized for playing against professional hockey clubs at American Soo. the Canadian and Furthermore it is announced that the O. H. A. has placed them under the ban of professionalism, and no club in that union will be allowed to play However, the Interagainst them. collegiate Union has never placed the ban on any of the United States professional teams and consequently no action will be taken against 'Varsity in the matter. It is understood that the Soo management guaranteed the 'Varsity club that none but amateurs would be played against them. This agreement was violated and professionals were played. The 'Varsity Athletic directorate are looking into the matter, and if the charges prove true, threaten to suspend the players from further participation in University athletics.

BASKET-BALL.

McGill basket-ball club desire to play Queen's club in Kingston about February 1st. The athletic committee have made a guarantee and the match will in all probability be played. It is to be hoped that in the near future an intercollegiate basket-ball union will be formed.

Our hockey executive attempted to arrange a match between the "Wanderers" of Montreal and Queen's, to take place on Jan. 18th, but unfortunately the "Wanderers" are unable to come.

AN ADDRESS.

IVEN Friday afternoon October 16th, 1903, by Prof. V. Goldschmidt, Heidelberg, on the occasion of the formal opening of the Geology, Mueralogy and Physics building, now known as Ontario Hall.

Mr. Chancellor, Mr. Principal, Mr. Director, Ladies and Gentlemen:

Principal Gordon has invited me to participate in to-day's ceremonies and to say a few words on this happy occasion. I have accepted this invitation with pleasure, for I considered it a great honour that you wanted me to express my good wishes on the occasion of the opening of this fine building.

So, in the first place, let me bring my heartiest congratulations and express the hope that for ages to come this new institution may be a centre from which knowledge and prosperity will radiate all over this beautiful and bountiful land of Canada.

Next, allow me to offer my sincere thanks for the hearty reception that I have received in this city from the university authorities, as well as from the students who gave expression to their kindly feelings in their usual open and impulsive way. The memory of the pleasant days spent in Kingston will remain with me for life.

On my way through the Dominion of Canada from Montreal to Victoria and from Vancouver to the Yukon, I saw a lively progress and advancement of culture and wealth in a way I had never formerly seen or anticipated and I could follow it in all the stages of its development. From the tents of the Indians and white pioneers to the log-cabins of the forest, from primitive settlements on prairie and mountain, to quickly growing towns, till here in

the East appeared the products of highest culture—palaces of commerce and government, and, what we consider noblest and best, from the academic stand point, magnificent university buildings.

In these I have found an energetic and steady growth impelled by inward forces. In Kingston the number of students increases, lecture rooms and museums become too small. Splendid new buildings appear, collections and libraries are enlarged and your professors travel through the world to select and procure what they find best to complete the equipment of their departments. Science keeps pace with the progress in the old countries.

I am specially familiar with the condition in the mineralogical and geological departments, through the branch of science to which I have devoted myself and through my friendship with your excellent professors Nicol, Miller and Brock; but from that knowledge I may fairly judge of the spirit that governs the other departments.

I knew of this new building and its arrangements before it existed. fessor Nicol showed me the architect's plans and explained how he considered everything could be best arranged for the benefit of the students. could admire his talent and carefulness as a teacher and organizer and now that I see the work completed, the impression is deepened. He, as well as Professor Brock, has introduced the newest methods of teaching and demonstration into the departments of mineralogy and geology and they keep up a close connection with their scientific friends and teachers in Europe and America, so that for the future also, the steady progress may be maintained. All this progressive work is materially assisted and most heartily encouraged by your genial director Dr. Goodwin.

The School of Mining, to which this new building belongs, is mainly for the purpose of technical training. It is to educate Mining Engineers equipped with the knowledge and ability to win and work the treasures of the earth. But the School of Mining is, at the same time, a part of Queen's University, in which all the sciences and humanities are cultivated. these the young students shall imbibe the idealism, the joy in all that is noble and good, and carry it with them to spread it over the new and partly wild country as pioneers of civilization and culture.

The School of Mining tries to make its students men in the highest sense of the word: healthy, wealthy and wise. For the development of health, it gives them the athletic sports, in which the Canadian students are so far ahead of their German fellows : for attaining wealth, it gives them the technical training: forgetting wisdom, all the sciences and arts. But it opens to them at the same time another singular source of happiness. mineralogical and geological, as well as the chemical and physical laboratories, introduce the young man to the study of nature. They show him the means and warp by which he can find and follow the trail of creative nature: who, through intimate intercourse alone with the devoted investigator, lifts a corner of her veil and allows him a glimpse into her kingdom of wonders. So only is unfolded to him a sphere of joy and happiness, which I may best describe in the words of our great Goethe.

Ach! wenn in unsrer engen Zelle Die Lampe freundlich wieder brennt, Dann wird's in unserm Busen helle, Im Herzen, das sich selber kennt. Vernunft fängt wieder an zu sprechen, Und Hoffnung wieder an zu bluhn; Man sehnt sich nach des Lebens Bächen Ja nach des Lebens Quelle hin.*

When, after the day's work, night comes and the outside world has withdrawn into the dark, and one is confined within the narrow limits of one's lonely den, where burns the friendly silent lamp, then grows and widens the world within—the microcosmos and fills great nature's infinite space. One feels her harmonies while peace and happiness possess one's soul. Only he, who has learned to become familiar with creative nature by his own researches, can fully enjoy such happiness, and, once experienced, it never leaves him to the end of his days. Its light flames in the eyes of youth and beams mildly from the countenance of age.

This happiness also will this new House of Learning and its teachers bring, for many generations to come, to its pupils, who will leave it to go out into the wide world but will never forget their Alma Mater to shom they will remain faithful until death.

May then this house and its inhabitants flourish and prosper and with it, the whole University. So let me conclude in the German way with the old congratulatory words:

Vivat, crescat, floreat Academia!

THE MEDICAL DINNER.

As a full report of the Medical Dinner appears in another column it is unnecessary for us to give a lengthy account of the same here. We would say however that the Dinner was a

^{*}Faust, Part I.

grand success and would tender our hearty congratulations to those who had the affair in charge. The JOURNAL representative enjoyed to the full the good things provided and, on behalf of the staff, commends most cordially the courtesy of the Aesculapian Society in inviting us to sit with them at the festive board. May the disciples of old Aesculapius long continue to be characterized by their generous hospitality and let others follow in their train.

A LETTER OF EXPLANATION.

To the Editor of the Journal : DEAR SIR,

I wish to correct a misunderstanding that may have been caused by an article under the head of "Science Notes" in the last number of the "Journal." The article is headed "Discoveries by Prof. Nicol." The discovery of these nickel deposits was in no sense my work. I merely examined them and brought home specimens for our museum and for work in the classes.

Yours truly,

WM. NICOL.

FINAL YEAR AT HOME.

THE Senior years in Arts, Science and Medicine, were "At Home" in the New Arts Building on the evening of Thursday, Dec. 10th, and, judging by the feeling of pleasure and satisfaction universally expressed by those fortunate enough to be present, the event was a decided success. Certainly '04 has quite equalled the reputation, which the final year in the past has had, of giving what is, in many respects at least, perhaps the best social function of the college session. The careful planning to be

done, the many details to be attended to, the work of decorating to be completed, by the various Committees of the students appointed for that purpose, can be understood only by those who have at some time felt the weight of such duties. But the fitness of the arrangements made for this occasion, the smoothness which characterized the course of the evening, show that the Committees are workers "that need not be ashamed."

The decorating was very artistical-The spacious building easily accommodated the large number of guests present. Flags, bunting in the college colours, whose brightness was enhanced by the white lights, adorned the walls and corridors, while above the archway, fronting you as you first entered the building, '04 blazed forth with a brightness, the result, doubtless, of the skill of one who will soon receive his parchment as electrical engineer. number of the rooms were most comfortably furnished as rendezvous or as places in which to "sit out" numbers. In one of these the oft heard of polar bear, that once prowled at will among the northern icebergs, now tame and gentle, occupied a conspicuous position.

The broad landing of one of the stairways, descending from the second to the lower floor, was richly decorated and here the guests were received by the patronesses and welcomed by Principal Gordon. The ladies delaying to appear for a short time after the patronesses had taken their place, a goodly proportion of the gentlemen, thinking (of course) that time should not be wasted, began their descent and were first re-

ceived. The remainder of the gentlemen, doubtless those who thought more of "form" than of "time," descended duly after the ladies who soon appeared from the dressing room.

All were now in the large reading room which had been prepared for dancing, the second floor being arranged for promenades. buzz of voices! Filling programmes is the order of the hour, and what an interesting hour it is! So interesting that the continual buzz of conversation you hardly hear, unless you stop to listen. How often was it said, while the programmes were being filled, when an exchange of numbers was arranged and the names about to be written, "But I don't dance!" It is safe to say that seldom would this intimation prevent the exchange. Why should it? Dancing is very enjoyable but it does not stand alone in this respect. Soon the music for the first number struck up and the confused assembly seemed at once to melt into order, chaos becoming harmony, as each couple glided off in the dreamy waltz, or speedily sought the corridors for a promenade.

So thoroughly had all arrangements been made that the events of the evening passed without a jar, that is, that was generalty felt. Of course there were no individual "jars," for surely no one "sloped" a promenade with one for the sake of a dance with another. The lengthy programme of eighteen numbers was not feared by the dancers, as few showed any desire to miss even the encores so kindly responded to, and the generous number of extras given, by the orchestras.

But one place which was resorted to with much pleasure, and satisfac-

tion too, was the refreshment room, where refreshments were served between the hours of ten and twelve. Everything in this connection was Small tables, tastefully complete. set, were arranged so as not to crowd the room and yet in sufficient numbers to accommodate all who might appear at any one time. The neat menu card presented a tempting and varied list. The refreshments were daintily served by the prompt and obliging waiters who did not fail to return to ask if anything further were desired. The words of praise which were frequently heard, for the manner in which the catering was done, were, by no means, simply formal expressions.

But more than the physical needs of the guests was in the minds of those who made the preparations for the evening. An interesting musical programme had been arranged, and the different numbers on it were rendered in the mathematics room during the course of the evening. This programme was enjoyed very much by those who availed themselves of the opportunity of hearing it. the numbers were heartily applauded, many of them being encored and the encores were always kindly responded For those who did not hear this programme, it is their own loss. And yet, when the different numbers of it were being rendered upstairs, the reading-room remained as crowded as usual, and it was usually rather too crowded for comfortable dancing. At a university year "At Home" you have an assembly of intelligence and refinement if you ever have such, and yet, with a programme consisting of eighteen numbers, several extras, and frequent encores, few of the many for whom the dancing hall had strong attractions, felt that they could devote six numbers to the pleasure of hearing the splendid musical programme prepared, which consisted of both vocal and instrumental selections. This is mentioned simply as a fact, the significance of which it is left to the reader to determine.

But time does not wait even that pleasure may be enjoyed the longer. The longest and the happiest evenings have their end. The dimming of the lights for an instant about 1.30 by a gentle touch of the button by the engineer in the science building, showed that while some desire to dance, other equally important and very necessary persons, who were in their old clothes handling an oil can and grease cloths all the night, desire, and quite rightly, to sleep. Further extras are stopped, the orchestra strike up the last number. Some hurry to the dressing rooms in order that they may get out early and avoid—the rush—or avoid missing their partners for the homeward walk. Many glide into the final waltz, loth to leave the floor. But the orchestra, striking up "God Save the King," reconciles them to the fact that the evening is really over-and soon the guests are gone.

Another final year "At Home" is past. The various committees are to be congratulated on the excellent manner and the thoroughness in which they did their work. The year '04 is to be congratulated for the unity it must have shown, and the support it must have given to the committees. For certainly regarding the entertainment on the evening of Dec. 10th, 1903, it cannot be said:

That pleasures are like poppies spread, You pluck the flow'r, its bloom is shed; Or like the snow falls in the river, A moment white -then melts forever.

No experience melts forever, and it is certain that those who were present at the '04 "At Home" will be able to look back upon the occasion with the pleasantest recollections when college days, so soon to be ended, will be looked back upon from the field of the active duties of life.

THE SCIENCE DANCE.

This delightful function which so many look forward to every year was certainly more delightful this term than ever. The Science students have the valuable faculty of knowing how to entertain royally and with good taste. In the next issue of the Journal aspecial correspondent will give a full report of this annual affair.



Men's Hats and Furs

This is the most exclusive Hat Store in Canada; the styles we sell are peculiarly our own, and well-dressed men all over the country prefer to select their Hats here. Send us your size and description of the Hat you want as an experiment.

Fur and Fur-lined Coats, Caps, Collars and Gauntlets in Persian Lamb, Otter or Beaver.

J. T. W. Fairweather & Co.

84-86 Yonge St., Toronto, Ont.,

IN MEMORIAM.

THE death of James H. Graham, which occurred early in the Christmas vacation, caused great sorrow to the members of his year and to all who were acquainted with him. This is the more the case, as the sad event was not altogether expected. The deceased was taken ill in the last days of November, and went to the General Hospital on the first of December. His sickness was soon pronounced to be typhoid fever, but this did not seem to assume at any time



JAS. H. GRAHAM.

during its progress a severe form, so that good hopes were entertained by his friends for his speedy recovery. Complications, however, a number of times threatened, at last set in, ending in his death on Sunday evening, the twentieth of December. His mother and his uncle were with him for some days previous to his death.

Mr. Graham's home was near Metcalfe, Ont. He belonged to the year '05 in Arts, and intended entering Divinity. He was an earnest and conscientious student, and those who were best acquainted with him know that he was filled with a desire to make the most of his college course. He took a quiet but deep interest in the welfare of his year, and was well thought of by all its members for his unassuming manner, together with his readiness to give his best thought, or offer suggestion, when any matter requiring careful consideration came up.

That one, who gives promise of a life of usefulness, should be called from this existence almost at the beginning of his career is a mystery which may ever remain unsolved. And yet, length of life is not determined by length of days. "How long we live, not years but actions tell." In the light of this truth of life he, in whose memory this is written, has lived long. So that, though questionings will arise regarding that mysterious realm to which all must journey, yet surely he has realized the hope, which Tennyson has expressed for all who seek to make the best of life, that "Tho' from out this bourne of

Time and Place
The flood may bear me far,
I hope to see my Pilot face to face,
When I have crossed the bar.''

Few students have been better liked by their fellows than the late Ernest J. Wells and accordingly the news of his death came to us all as a very painful shock indeed. He received the earlier part of his education at the Morrisburg Collegiate Institute where his work was characterized by remarkable brilliance. Entering Queen's in 1900, he soon made a host of friends and at the same time pursued his studies with notable success, winning the medal in Botany last spring when he also graduated as B.A. This session the de-

ceased had been acting as Tutor in Botany to the entire satisfaction of Prof. Fowler.

It was about the middle of December, when we heard that "Ernie" Wells was suffering from typhoid fever. He was taken to the General Hospital where he had the constant attendance of Drs. Bogart, Wood, Kilborn and Connell. Such was the remarkable severity of the disease that in two week's time perforation of the bowels occurred, and at 4.45 a.m. on December 29th, he passed away.



E. J. WELLS, B.A.

The remains were conveyed to the home of his father Mr. Geo. E. Wells, Hoasic, where the funeral services were conducted by Revs. McCammon and Hamilton. Friends from Morrisburg, Chesterville, Berwick, Aultsville and Kingston were present to mourn the loss of one so esteemed.

The loss which the students feel is a personal one. Many of us knew him intimately and esteemed him the better we knew him. He was hardly twenty-two years old and we all knew that he had a brilliant future before him. To his sorrowing relatives we extend our heartfelt sympathy.



CHARLES BARTLETT.

The many Oueen's friends of Charles Bartlett, of Napanee, were pained to hear of his death which occurred in Napanee, on November 21st, 1903. The deceased had spent two years in the School of Mining here and last spring accompanied a government surveying party to the Northern Wilds. While hundreds of miles from any white settlement he took ill, his sickness developing into pleuro-pneumonia and later into consumption. He was about twenty years old and his quiet and reticent disposition endeared him to many of the student body, who join with the JOURNAL in sympathizing with the mourning ones.

Our Alumni.

THE following is a clipping from a Sydney (C.B.) paper. Those of our readers who were acquainted with Rev. Hector L. MacKinnon feel sure that his labours at Sydney Mines will be productive of much good:—

"Rev. Hector L. MacKinnon was duly inducted as colleague and successor to Rev. D. McMillan at St. Andrew's Presbyterian Church, on Tuesday evening, by Rev. Clarence MacKinnon, Moderator of the Presby-Rev. D. M. Gillis, of Glace Bay, delivered an able sermon on the text 'God is.' Rev. M. Buchanan, in his address to the people, spoke ably of the duty of the flock to the pastor. Rev. J. A. McGlashen addressed the minister, referring in an interesting way in the course of his remarks to the good work done in former years at Sydney Mines by the late Rev. Matthew Wilson, whose colleague and successor Mr. McMillan was. church was filled to the doors. singing by the choir, with Mr. Fraser as leader and Mrs. McMillan as organist, was exceptionally good."

His many friends are pleased to see "Ab" Scott back in college. He has not forgotten how to perform his skating "stunts" on the Kingston skating rink

H. E. McCallum, B.A., B.Sc., '03, is adorning the engineering profession at North Sydney, C.B., by his work with the Nova Scotia Steel Co. We are sure that the company will form a very favourable impression of Queen's and the School of Mining, of both of which Bert is an "alumnus."

An article in the "Queen's Quarterly" by C. B. Fox, M.A., '94, recalls to our mind a story that is still remembered at Queen's about Charlie's wonderful accuracy in analysis. It seems that when he had been but a short time connected with the Hamilton smelter the correctness of his analyses was disputed. Samples were accordingly sent to a New York analyst, whose results agreed with Charlie's to the fourth or fifth decimal place. Charlie's work since then has never been questioned and Queen's men have been pleased to hear of his continued success.

"The Medical Quarterly" has bee taken over by Queen's Medical Faculty. We notice that the managing editor is the genial Dr. A. W. Richardson, B.A., who formerly held a position on the JOURNAL staff. We wish him and the "Medical Quarterly" all sorts of success.

J. A. Aikin, medallist last spring in Political Science, is back once more to the college halls.

Divinity.

TUESDAY, January 5th, found the majority of those who spent the vacation out of Kingston back at old quarters and ready for the additional work which this terms provides. Those who went North and West have some large and interesting tales to tell of the superabundance of snow which so successfully interfered with travel and railway connection. Allowance can be made however for those whom necessity compelled to waste precious hours in bleak and unwarmed stations. It can be easily understood how the weather grew colder and the snow deeper as minutes grew into hours and belated trains did not appear. For two members of the final year the coldest snap occured shortly after their arrival in the city, when they found on a moment's notice late in the evening that they must seek other lodging.

It was with sincere regret, though scarcely with surprise, that it was learned that Dr. Jordan was not sufficiently recovered to permit his resuming work this session. Prolonged rest will be necessary to restore him to health. His class work has been provided for by Prof. McComb taking the Thursday class in Exegesis, and Dr. McGill-

ivray the Tuesday class in O. T. For the remainder of his History. work the arrangements made last term are being continued. The earnest wish of the class is with him for his speedy recovery.

The classes for the study of the English Bible have begun They meet on the same days and at the same hours as previously.

The January Westminster is more than usually an interesting number. Prof. Jordan contributes the first of a series of articles on The Prophets.

Two recent graduates of the Hall have since the last issue of the Jour-NAL grown weary of single blessed-On Dec. 23rd Mr. W. W. Purvis, of the class of 1902, and Miss A. McCrimmon, also a Queen's graduate, were joined in wedlock. Mr. and Mrs. Purvis will make their home in Western Canada. On Wednesday, Jan. 13, Mr. W. A. Mahaffy, '03, followed the example set by Mr. Purvis. Further particulars are not to hand. The JOURNAL offers heartiest congratulations.

Exchanges.

"Have you ever seen a white blackbird sitting on a wooden milestone eating a red blackberry?"—Ex.

"Come, Spirit great-thou wind that sweepest on

Through all the ages, same in every age, But changing as the needs of men do change. Blow from the eyes of these the mists of night, Teach them to worship God in spirit's truth,

-Smith College Monthly.

An article in "The 'Varsity" on "The University Man in Politics"

contains the following:-"There is a certain plausibility in the notion that a man after devoting four or five years to the study of such things as history and political science should be formidably equipped to take the platform as against men whose book-learning is quite insignificant. This is an egregious fallacy. A stirring repetition of the words which the Iron Duke did not use to the guards at Waterloo will go farther than an historically complete acquaintance with the whole Napoleonic era."

This is a most faulty conception of the value of University training. The student does not learn history and political science in order to be crammed with facts and theories which he can hurl at his opponent on the political platform. He studies these, as he studies science, classics, philosophy, literature and mathematics, that his mind may be well trained to grasp the fact more quickly and accurately, and to distinguish more correctly between the fundamental and the super-The man who has an arts degree is no more equipped for his particular profession than is the man from the streets. And if his opponent be a good speaker, the college man is seriously handicapped, though he should have more staying power. But, as Premier Ross says in an article in the same number of "The Varsity," "Other things being equal the educated man has a decided advantage over his uneducated opponent," because his intellect is keener, and his insight more penetrative, and his judgment more correct; but, above all, because he is a man.

"As Christians we have everything to gain, nothing to fear, from the most assiduous cultivation of science and The methods of inquiry. literature. the self-discipline, the modesty, diligence, patience, accuracy and thoroughness which these studies mand and the truth which they disclose, may well serve as a schoolmaster to bring men to him who is the Light of the world. There is a dogmatism of some scientists not less repulsive and unreasonable than the dogmatism of some theologians. the spirit of science is a truth-loving, truth-seeking spirit. 'The abrogation of reason is not the evidence of faith, but the confession of despair." - The Varsity.

In an article on "The Need of an Educational Franchise," by H. H. Wiltshire, in the same number of "The Varsity" (Dec. 16, 1903) after urging the necessity of an educational test for voters, the writer continues:--"The need of an educational franchise may be considered a subject not unworthy of discussion in a magazine conducted by University students for University students, the men who should mould the future of our Canadian politics and We can recommend this article to the notice of our readers, and perhaps some one may take up the subject in our columns.

"I thought your son was pursuing his studies at the University."

"So he was, but he concluded he could not catch up with them."—Ex.

McGill has also formed a Philosophical Society this year, "a society to foster an interest in the study of Philosophy." It is to be hoped that this includes all branches of thought,

for all thinking is philosophy. May this, "the youngest of the societies of McGill," meet with the success of its "twin" society at Queen's.

"But as we rise above the plane of politics and review the history and policy of the United States, we are forced to conclude that the instigation of a revolution in a neighbouring country is not in harmony with the rugged diplomacy of the greatest American republic. Germany, France or England might be suspected of such a course, but the United States, never."—Univ. Cynic (Vermont).

This reminds us of the ditty on "Little Jack Horner." Whether the United Stutes instigated the revolution in Panama or not we do not know. The above is hardly a proof that she did not. "I thank thee, Lord, that I am not as this publican," is no proof of superiority. That proof on the part of the United States is yet to come.

"Make yourself as nearly as you can what you wish to appear, then act out frankly what you are."—Ex.

"Prof. Cochrane (having just completed the tenth proposition)—"What is the next proposition, Mr. Dunkin?"

Mr. Dunkin—'The eleventh.'"—

"The best part of plenty of time is the first part."-- Vox Collegii (London, Ont.)

"After dinner (given to Queen's II at McMaster) the Chancellor in a few well chosen words welcomed the visitors from the limestone city. He referred to his close connection with

Queen's, being now a graduate and also a cousin of Principal Gordon's.—

McMaster Univ. Rev.

She sayeth what she will and willeth well;
And judgeth well where error parts from crime;

Nor careth overmuch for what the world may

Nor troubleth much for all the world may do; Yet findeth many a one she can befriend, And can make happier, though but few To whom she doth make known her very self. And so the College world of her doth speak but praise.

-Man. College Journal.

"Mr. Fred Bell, '05, has gone to Queen's to take a special course in Science. "Fred" was a valuable member of last year's staff, and the good wishes of the JOURNAL and of the students generally will follow him to his new sphere of work."—Man. College Journal.

On Feb. 4th Messrs. Coutre and Calder, of McGill, defeated Messrs. Macdonald and Burke, of Ottawa College, in the debate for Intercollegiate honours on Chamberlain's fiscal policy. The final debate between McGill and Varsity will be held on Jan. 22 at McGill, when Messrs. McGougan and Greenshields will uphold McGill's standard.

INTERCOLLEGIATE HOCKEY SCHEDULE.

Senior Series.

Jan. 15-McGill at Varsity.

22—Varsity at Queen's.

' 29-Queen's at McGill.

Feb. 5—Varsity at McGill.
12—Queen's at Varsity.

19-McGill at Queen's.

Intermediate Series

Α

Jan. 29—McMaster at Varsity.

Feb. 5-Varsity II at McMaster.

В

Jan. 29-R. M. C. at Queen's II.

Feb. 5—Queen's II at R. M. C.

3

Feb. 12—Winners of A at winners of B. "19—Winners of B at winners of A.

CHAS. LIVINGSTON & BRO. TAILORS AND OUTFITTERS.

NE of the pleasantest stores to visit on business or for pleasure is LIVINGSTON BROS., Brock St. From the moment one enters the store, he is treated with the greatest consideration. This reliable and long established firm (it began its career in 1847,) provides work for over forty employés. It carries one of the largest stocks of fine Tailoring Goods to be found in any store in Kingston, while its Gentlemen's Furnishings and Ready-to-wear Clothing occupy a very large portion of the total stock on hand.

The firm's cutter, late of Toronto, is giving the best of satisfaction and turns out a high class of goods, satisfactory to the firm and to the purchaser. Especially is this the case as regards Dress Suits to the making of which special attention is paid in order to produce a superior line of goods.

Large quantities of Woollens are imported from the large manufacturing centres in Scotland, England and France, so that the very best and latest goods are always to be seen at LIV-INGSTON'S. The JOURNAL can heartily recommend the student to pay this store a visit, where he can always be sure of receiving the most courteous treatment.

ALMA MATER SOCIETY.

THE meeting of the Alma Mater Society on Saturday, January 16th, 1904, was more than usually interesting. This increased interest was caused by the importance of some of the business brought before the society and by the fact that there was that evening a debate between the years '06 and '07.

The committee appointed to see what could be done in re Grant Hall floor, gave a report of some of their The area of the present level labours. space in Grant Hall was given as 2014 square feet, in the old Convocation Hall from the platform to the pillars of the gallery as 1800 square feet, and in the City Hall as about 3500 square feet. This showed that the statement in one of the local papers that there was more level space in Grant Hall than in the City Hall was quite erroneous; the facts being that counting both the level and the inclined flooring in Grant Hall, the area is slightly less than that of the City Hall.

A design for a "Q" was introduced but was laid on the table for a week, as was also a motion to pay the bill for the use of the City Hall on election day.

The chief matter of interest however, was the debate and it certainly furnished a good deal of entertainment. The affirmative under the able leadership of Mr. Fokes, who had as colleague Mr. S. W. A. Code, denounced Party Government, which they considered detrimental to the welfare of any country. Mr. Kennedy and Mr. Burns of the negative, defended the present method of government as being on the whole the best way to rule the country according to the wishes of the people. Mr. Fokes

certainly has that within him out of which public speakers are made; he has confidence, a good voice, and is not afraid of gesticulating; in fact he is too liberal with his gestures. He condemned the party caucus and said that it meant that people had to vote blindly and to order just as the organizer commanded.

Mr. W. W. Kennedy in defending party government did not shut his eyes to the corruption which is everywhere prevalent, but believed that as a general rule a parliament voices the sentiment of the people; if it does not, sooner or later it is turned out.

Mr. Code, speaking for the affirmative, must have been crammed with ideas, for as soon as he opened his mouth such a torrent of words issued therefrom that the ear could scarcely disentangle one word from either the preceding or the succeeding one. Mr. Code certainly is a fluent speaker. He seemed to think that on some occasions there may be several issues before a country and several parties to promote them, but it is difficult to know exactly what was said.

The second speaker for the negative did not, like the previous speaker, inundate his hearers with a stream of words. He took things more leisurely and calmly. He tried to show that if corruption at present abounds it would much more abound in such a state of society as the affirmative had pictured.

The Judges were Messrs. C. Laidlaw, K. C. McLeod and C. E. Kidd, who after a brief retirement returned to announce that while the affirmative was slightly superior to the negative as regards delivery, the latter won the palm and the debate as regards matmer. Fokes ter. Congratulations to the Freshmen.



The wide-awake policy of quick sales and small profits keeps the wheels of trade whirling here. Buy right and sell cheap and keep the stock turning is the motto of this store. It is this perpetual pushing of trade that keeps factory fires bright. It is good for this store and it helps you to goods at less cost.

Everything in Dry Goods

But for lack of space we can only mention a few items.

Men's Fine Unshrinkable Wool Underwear 75c, 99c, \$1.25 each, for Shirts or Drawers.

Men's Black Cashmere Sox 25c, 35c, 39c, 45c. (4 Special Makes we are now offering.)

Men's Lined Gloves, Kid or Mocha In Great Variety.

Ladies' Kid Gloves This is a big department with us and we offer

you only reliable makes of Genuine French Kid Gloves including the famous Kid Gloves of PERRIN FRERES of Grenoble.

LADIES' \$1.00 KID GLOVES, IN ALL SHADES, ALSO BLACK OR WHITE. LADIES' \$1.25 KID GLOVES—A COMPLETE ASSORTMENT.

John Laidlaw & Son,

170-172 Princess Street, Kingston.

JOSLIN

Photographer

KING STREET

Late of London, England

For Photographic

Work of

Every Description

BOOTH & CO.

Dealers in

COAL AND WOOD

VESSEL AGENTS

WEST STREET, KINGSTON, ONT.

TELEPHONE 133

You Must

Have your suit in First Class Shape for the

CONVERSAT

We Steam, Clean, Sponge and Press a suit for

50 CENTS

Trousers for 15c. Orders taken up till 3 p.m. on the day of the Conversat.

My Valet'

191 Princess St.

NEXT TO STRACHAN'S HARDWARE

KIRKPATRICK'S ART STORE

Established 1874

Reguilding and Repairing Orders receive prompt attention and are carefully executed.

FINE
PICTURES,
FINE
PICTUREFRAMING

Students Always Welcome At Our Gallery.

QUEEN'S UNIVERSITY JOURNAL. CRUMLEY BROS., 132-134 Princess Street, Kingston. We ask Queen's University Women to visit our READY-TO-WEAR DEPARTMENT.

FASHIONABLE TAILORING



We lead in Fashion and Prices.

The Latest Cloths for Overcoats.

Full Dress Suits a Specialty.

CARROLL & CO., \

Merchant Tailors 230 Princess Street



T. H. FERGUSON,

(Successor to R. H. Toye)

BREAD AND CAKE BAKER, GROCERIES, FRUIT AND CONFECTIONERY.

CATERING To At Homes and Parties



Conducted under the Personal Supervision of MR, F, HAMBROOK

318 King Street, Kingston.

'Phone 300.

Standard Bank of Canada

KINGSTON.

Capital paid up - \$1,000,000.00 Reserve Fund - 925,000.00 Total Assets - 14,071,848.94

Savings Bank Department. Interest Allowed.

Drafts and Cheques cashed, on all parts of the World.

W. D. HART, Manager.

James Reid

The Leading Isndertaker and Furniture Manufacturer

Established 1854

Grand Opera House

Thursday, Jan. 21

The Melo and Ultro-Dromatic Sensation,

THE PRICE of HONOR

A play of wonderful heart interest, by James Ganey. A play abounding in heart interest, bright dialogue, sensational occurrences, rare mechanical innovations. A story of love and self-sacrifice; true to life and full vigor.

Prices, 50c., 35c., 25c. Seats on sale Monday.

NEXT ATTRACTION:

"Tess of the D'Urbervilles"

PRICE'S

Famous Taffey

Fresh Every Hour



HE freshest and best assortment of Chocolates in Kingston. Our Celebrated 20c. Chocolates cannot be beaten, always fresh, always good. Genuine Maple a Specialty. . . .

Try our Pure Fruit Chocolates, they are fine, 5oc. box.

LAIDLAW **ENGRAVING** COMPANY

ILLUSTRATORS

PHOTO-LITHOGRAPHY. HALF-TONE ZINC ETCHING

> COMMERCIAL PHOTOGRAPHY, ETC.

SPEEDY, NEW AND ECONOMICAL **PROCESSES**

38½ King St. West, Hamilton, Ont., Canada.



Boys! Have You Tried R. J. McDOWALL

MANUFACTURED BY

G. A. McGOWAN,

KINGSTON, ONT.

PRINTING!

STUDENTS A SPECIALTY

190 Wellington St. Phone 485.

IMPORTER AND DEALER IN

ALL MA USICAL KINDS EASY FRCHANDISE TERMS

Everything the best in its line. Pianofortes, Organs, Cash Registers, the Famous, "Empire" Sewing Machine, Type Writers, Band Instruments.

471 PBINCESS STREET, K NGSTON, ONT. CAPE VINCENT, N.Y.

Agents Wanted.

Correspondence Solicited.

OUEEN'S TEXT BOOKS

Students will save money by buying their Text Books, Exercise and Note Books, at the Corner Bookstore. A complete stock of Text Books in all years and departments of study. Fountain Pens from 15c. to \$3. College note paper with crest and envelopes to match.

F. NISBET, THE CORNER BOOKSTORE

Corner Princess and Wellington Streets.



How are your eyes when studying?

If they bother you have Coates examine them and fit you with proper glasses. Opera Glasses at right prices and opera glasses rented for 25c. a night. Get your Fountain Pen at Coates—Waterman's Ideal from \$2.50 up; Parker's Lucky Curve from \$1.50 up; Coates' Limestone City Pen, only \$1.50 and guaranteed.

F. W. Coates, Jeweler and Optician

158 Princess Street

Always in the Lead!

For Dinners, At Homes, Private and Public functions, arrange for your full dress suits at Imperial Laundry. Have your Frill Dress Skirts laundried by them.

The Imperial Laundry

F. J. McARTHUR, Manager.
TELEPHONE 302

10 PER CENT OFF YOUR
DRUG STORE PURCHASES

Caylor's Palm Garden Drug Store

124 PRINCESS STREET, KINGSTON, ONT

British American Hotel and Hotel Frontenac

KINGSTON, ONT.

Rates \$2 and \$3. A. R. MARTIN, Prop.

Students Can't go Home for 'Xmas

And those who can will make their holidays brighter and happier by sending or taking some nice Music from the little

Up-to-Date Music Store

286 PRINCESS STREET.

Special Offer: We have hanging in our store 1,000 new and late popular pieces, vocal and instrumental, and will give the following rates: Any one piece hanging up of popular Music for 21c., any two for 40c., 3 for 57c., for 62c., 5 for 85c., 6 for 96c., 7 for \$1.12, 8 for \$1.20.

Everything in Music.

.. The Students' Tailor...

See his Goods and get his Prices before Purchasing elsewhere.

T. LAMBERT, Merchant Tailor.

J. HISCOCK,

Fruits, Confectionery and Oysters

Agent for the Niagara District Fruit Growers'
Association.

A. E. HEROD,

BOOT & SHOEMAKER

Repairing Promptly Attended to.

PRINCESS ST.

SIGN OF THE GOLDEN BOOT

THE LOCKETT SHOE STORE

FOR GOOD BOOTS AT LOW PRICES

Symons & Rae,

Architects,

W. Limbury Symons William Rae.

15 Toronto Stract, Toronto.

The Students' Laundryman HONG LEE

Like your trade goot. Leave your address and John will call for washee.

LAUNDRY, 338 PRINCESS ST., KINGSTON.

DEPARTMENT OF CROWN LANDS, - - ONTARIO. - -

Magnificent Opportunity for Investment in

Mining, Lumbering, Farming.

For Information concerning the Resources of Ontario in Farm, Forest or Mine, write

HON. E. J. DAVIS, COMMISSIONER OF CROWN LANDS, TORONTO.

Educational Department Calendar

October:

 Notice by Trustees of cities, towns, incorporated villages and township Boards to Municipal Clerk to hold trustee elections on same as Municipal elections, due.

Night Schools open (session 1903-1904.) Ontario Normal College opens.

November :

o. King's Birthday.

December:

- Last day for appointment of School Auditors by Public and Separate School Trustees.
 - Municipal Clerk to transmit County Inspector statement showing whether or not any County rate for Public School purposes has been placed up on Collector's roll against any Separate supporter.
- 8. Returning Officers named by resolution of Public School Board.
 Last day for Public and Separate School Trustees to fix places for nomination of Trustees.
- County Model Schools Examinations begin.
- Local assessment to be paid Separate School Trustees.
- 15. County Model Schools close,
 - Municipal Council to pay Secretary Treasurer of Public School Boards all sums, levied and collected in township. County Councils to pay Treasurer of High Schools.
- Written Examinations at Provincial Normal Schools begin. Practical Examinations at Provincial Normal School.
- 22. High Schools first term, and Public and Separate Schools close. Provincial Normal Schools close (Session).
- 24. Last day for notice of formation of new school sections to be posted by Town ship Clerk.
- 25. CHRISTMAS DAY.

High School Treasurer to receive all monies collected for permanent improvements.

New Schools and alterations of School boundaries go into operations or take effect.

N.B.—Departmental Examination Papers for past years may be obtained from the Carswell Publishing Company, No. 30 Adelaide Street, E., Toronto.



RAILWAY SYSTEM

The Great International Route between the East and West. The Favorite Route to

Boston, New York, Ottawa,

Montreal, Quebec, Peterboro,

Toronto, Niagara Falls, Chicago

And all other points in the United States and Canada. Special rates to Cricket, Lacrosse, Base Ball, Hockey, Curling, Football and other organzed clubs. Reduced Rates to Students for Christmas and Easter Holidays.

For full information apply to

J. P. HANLEY, G. T. BELL,

Kingston, City Agent. Gen. Pass. and Ticket Agt., Montreal.



London and Lancashire Life Assurance Company

This Company transacts life insurance exclusively.

Invested Funds, -

\$8,815,000.00.

Annual Income, -

2,000,000.00.

In 5 years the tunds have increased \$2,621,000.00. Deposit with Dominion Government for the security of Canadian policy holders exceeds \$2,000,000.00. A progressive up-to-date company paying ninety per cent. of its earnings to policy holders on the with profit plan. Forty years doing business in Canada. Nearly \$5,000,000.00 of new business is written annually in all countries.

PRUDENT - PROSPEROUS - AGGRESSIVE

Head Office; -- COMPANY'S BUILDING, MONTREAL.

Lord Strathcona and Mount Royal,—Chairman Canadian Board. R. B. Angus, Esq., Vice-Chairman Directors,—E. L. Pease, Esq., Charles M. Hays, Esq., C. R. Hosmer, Esq.

B. Hal. Brown,-Manager.

Mills & Cunningham, -- General Agents, Kingston.

E. J. REID, Special Agent, Kingston.

The Rathbun

Company

DESERONTO, ONT.

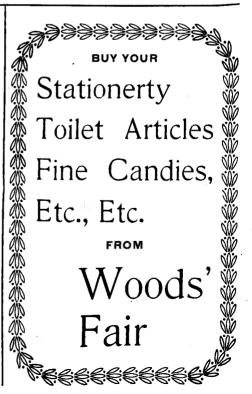
Manufacturers of Doors, Sash, Blinds and all descriptions of Wooden Building Materials, Railway Ties, Telegraph Poles, Shingles, Posts. Dealers in Coal, Salt, &c. Sole Sales Agents of the Canadian Portland Cement Company. Manufacturers of the best cements.

A. CHADWICK, KINGSTON AGENT.

The Bay of Quinte

Railway

New Short line for Tweed, Napanee, Deseronto and all local points. Train leaves City Hall Depot at 4 p.m.



CONTENTS.

										Page
Health Through	Proper	Care	of th	e Bo	dy.	Mr. A.	Μ.	\mathbf{Kenned}	y	7
The Queen's Alu	mni S	ciety	of N	lew Y	ork	-	-	-	-	13
Editorials -	-	-	-	-	-	-	-	-	-	14
Editorial Notes	-	-	-	-	-	-	-	-	-	17
Ladies	-	-	-	-	-	-	-	-	-	18
Arts	-	-	-			-	-	-	-	19
Medicine -	-	-	-	-	-	-	-	-	-	21
Science -	-	-	_	-	-	-	-	-	-	23
Athletics -	-	-	-	-	-	-	-	-	-	25
An Address. Pr	of. V.	Gold	\mathbf{schm}	idt	-	-	-	_	-	27
The Medical Dir	ner	-	-	-	-	-	-	-	-	28
A Letter of Exp	lanatio	n -	-	-	· -	-	-	-	-	29
Final Year "At	Home	э"	-	-	_	-	-	-	-	29
The Science Da	nce	-	-	-	-	-	-		-	31
In Memoriam -	-	- 1	-	-	٠.	-	-		-	32
Our Alumni -		-	-	-	-	-	- :	-	-	33
Divinity -	-	-	-	-	-	-	-	-	-	34
Exchanges -	-	-	-	-	-	-	-	-	-	35
Alma Mater Soc	iety	_	_	-	-	-	-	-	-	38

Kingston Business College Co.,

KINGSTON, ONTARIO

Two strong business colleges under one management. Best equipped schools of the kind in Canada. Write for information to 321 Queen Street, King ston, Ont.; Confederation Life Building, Toronto.





THE STYLE STORE OF KINGSTON

FO F

Kid Gloves, Dress Goods, Silks, Millinery, Laces and Dres Trimmings. "Not what we say, but what we do." Prove us by seeing our goods and store.—STEACY'S.